

# NINJA CREED

## How to be an Awesome Coach, Leader, and Mentor.

*Each week, at the beginning of class, read a line from the Ninja Creed. Start a discussion with your ninjas and explain what they mean. Get the discussion started and try to help guide them toward the correct responses. Wording can be adjusted to the level/age of the students.*

### AS A NINJA, I PLEDGE TO...

#### **“Respect myself, others, rules, and time.”**

Ninjas are RESPECTFUL!

- Discussion: What are the rules in this situation?

#### **“Do what I know how to do when it’s time to do it.”**

Ninjas are RESPONSIBLE!

- Discussion: Do I know how to do this? Is now the time to do it?

#### **“Look for the good things in every situation.”**

Ninjas are GRATEFUL!

- Discussion: What was great today? What is going to be great today?

#### **“Use all my powers to see and feel myself and my environment.”**

Ninjas have SPIDEY SENSES!

- Discussion: Are my eyes up? What do I notice? What do I feel? Do I think before I act?

#### **“Accept new challenges when I’m ready, even if they are hard.”**

Ninjas love hard stuff Hard stuff makes me AMAZING!

- Discussion: Did I let it scare me a little?

#### **“Be kind to myself, others, and my environment.”**

Ninja are KIND!

- Discussion: Am I being kind to myself? Am I treating others how I want to be treated? Am I being kind to my space?

#### **“Remember that there is nothing that I can’t do if I keep trying.”**

Ninjas try NEW THINGS!

- Discussion: What would it look like if I could?

#### **“Tell the truth even when I feel scared to.”**

Ninjas tell the TRUTH!

- Discussion: Is this true?

#### **“Look to learn from my mistakes.”**

Ninjas make MISTAKES!

- Discussion: What can I learn here?